

ENJOYING THE BEST OF HEALTH

"Fruit-a-lives" Cured His Rheumatism



Prof. J. F. Davis

563 Church St., Toronto. I want to say to the people of Toronto and elsewhere that "Fruit-a-lives" is my only medicine and has been for the last four years. Previous to that, I had been very much troubled with Rheumatism and Kidney Disease, and had taken many remedies as well as employing hot applications of salt bags etc., without getting satisfactory results.

Noticing the advertisement of "Fruit-a-lives", I adopted this treatment altogether and, as everybody knows, since taking "Fruit-a-lives", I have been enjoying the very best health and find it a pleasure to follow my vocation of Dancing and Department Instruction.

Prof. J. F. Davis, the celebrated teacher of dancing and department in Toronto, is quite frank in stating that "Fruit-a-lives" alone cured him of distressing Rheumatism and Kidney Trouble. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

LIME FOR SALE
DRURY'S Coal & Wood Yard
Phone 648, 235 Wellington St.

COAL!
The kind you are looking for is the kind we sell.
SCRANTON COAL
is good Coal and we guarantee prompt delivery.
Booth & Co.
FOOT WEST STREET.

COOK'S FRIEND
"The Baking Powder"
With a Pedigree
has been in use for fifty years as the only pure grain cream of tartar baking powder selling at a moderate price. There is no alum in it. You can pay more but you cannot buy better.
All Grocers Sell It

MOTHER OF LARGE FAMILY
Tells How She Keeps Her Health—Happiness For Those Who Take Her Advice.

Scottville, Mich.—"I want to tell you how much good Lydia E. Pinkham's Vegetable Compound and Sensitive Wash have done me. I live on a farm and have worked very hard. I am forty-five years old, and am the mother of thirteen children. Many people think it strange that I am not broken down with hard work and the care of my family, but I tell them of my good friend, Lydia E. Pinkham's Vegetable Compound, and that there will be no back-ache and bearing down pains for them if they will take it as I have. I am scarcely ever without it in the house.

"I will say also that I think there is no better medicine to be found for young girls. My eldest daughter has taken Lydia E. Pinkham's Vegetable Compound for painful periods and irregularity, and it has helped her."
"I am always ready and willing to speak a good word for Lydia E. Pinkham's Vegetable Compound. I tell every one I meet that I owe my health and happiness to your wonderful medicine."
—Mrs. J. G. JOHNSON, Scottville, Mich., R.F.D. 5.
Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy for woman's ills known.

MADE HIT IN LONDON

TWO CANADIAN ARTISTS HAVE SURPRISED METROPOLIS.

Archibald Browne and Homer Watson went to England and held Private Exhibition This Summer and Haldane Macfall, the Best of the London Critics, is Loud in Praise of the Two Pioneers.

It is a strange fact that, whilst nearly every Englishman "talks large" of Empire and of the Imperial race, and of "hands across the seas," and the like handsome sentiment, he ignores our colonial kin about as thoroughly as though he hated them, says Haldane Macfall, the celebrated English art critic, in a recent issue of The Academy. Let us take our English attitude towards the poets at the outposts of this wondrous realm of ours. In London, this summer, may be seen the paintings of two fine Canadian landscape artists. The lyric poems of Archibald Browne and the virile hand in pastoral and woodland scenes of Homer Watson give more than a strong hint of the vigorous breed upon our frontiers. These are not the only ones—they are but two out of several. Yet we have a heavily endowed official Royal Academy that makes no slightest advance to give these men hospitality, far less honor. Why cannot this official body, in return for the manifold honors and benefits conferred upon it by the King, do something to further the royal interest and give substance to the keen sympathy of the King for his vast inheritance? Surely it needs no prodigious self-sacrifice for the Royal Academy to give at least one room every summer to the display of the genius of the colonies in painting and sculpture? What is the value of all our pretensions of fellowship with the colonies if we treat them as our Cinderellas, and fling them the rags of neglect in the back kitchen of our high states? The Academicians can ill afford to patronize the colonial breed; nay, it were no bad thing for the Academy to learn from them. Were there a colonial room at every summer show, it might brace up the sluggish energies of that august body more than little.

Both Archibald Browne and Homer Watson are tried and tested artists who have established reputations, though 'tis likely enough that the Royal Academy has never heard of them. At the Goupil Gallery is a display of the lyric art of Archibald Browne, which reveals an exquisite poetic sense that conjures up for us at-home the mysteries that lie over the land of Canada. His sensitive touch and romantic vision weave from the scenes of his native land those soft, hazy moods that are associated with the senses of the dusk between the day and night of the world over, but added thereto is the haunting call of the Canada that has bred him and is his love. It is a far different land from the silvery land of France, and Browne's art is not the art of Corot; but between the two men is a lyrical brotherhood that tells of a like subtlety of vision, a like sweetness of disposition, a like content, and a romantic love of the land that has yielded its allure into their hearts from childhood. To say this is to say that Browne is a genuine poet, gifted with singer's skill to utter the music that is in him.

In Homer Watson, as three or four of his displayed canvases witness, we have a virile and forceful poet of the pastoral life, and, above all, of the woodland life of his native land. Here is a man whose sincere art descends to him, as by hereditary vision, from the great English landscape painters—an art through which the man of Barbizon, by their mastery, proved as to be kin to the Northern Frenchmen. Homer Watson's bold handling and loaded brush might have been trained by Constable and Cromo and Rousseau and the men of Barbizon whom he knew and his name honored in Canada. But he has—as his sincerity of vision was bound to give him, even if his schooling give him none—a touch, a vision, and handling apart and all his own, which are skillfully employed in the rendering of great trees and in the stern and dramatic landscapes so typical of the pastoral life of Canada. The sunset hues of autumn amongst the woodlands seem to bring out all his strength; and he catches the moods of the forest with a certainty of grip and a vigor of handling that give a marked personal quality to all that he essays.

I stood before the sincere art of these two poets, whether Canada herself realizes that she has poets in her midst, or whether her rich and well-to-do are "furnishing" their walls with pictures persuaded upon them by the dealers—wondered whether the "faded" Barbizon landscape and the machine-made "masterpieces" of the picture-factories of Holland are being hung upon the people at great price, whilst the native genius is being passed by. It is a matter for pride in Canada that a people who have torn the forest out of the waste and raised a mighty realm amidst a vast continent should already be bursting into song, and that there are arising amongst her virile breed such artists as these, of whom two may be seen in London today. It is not easily credible that Canada does not realize her own splendor, yet we have before us the historic tragedy of the Dutch, who, even whilst they brought forth their greatest genius, from Rembrandt and Hals and Vermeer onwards, let their greatest starve whilst they gave fortunes to the mediocrities and poured money into the purses and bank-accounts of aliens.

But how can we blame Canada, for seeking after false gods in art when the worship lies so heavily upon our own souls? The craftsmen are many, but the singers are few. There are giants like Brangwyn who hymn their own, who sing the might of our race to lay, its triumph of toil and its conquest over the earth and the elements. No noble can see herself as her husband's mother soon her. A ball team can't win a walk; it must have at least one run. The measure a woman grows the harder it is for her to get a becoming hat.

LEARN FROM COLONIES.

Canadian Farmer Started Farming Renaissance in England.

English farmers are greatly interested in a fifty-years' experiment that has just been concluded in grain growing in Hertfordshire. Marcus Woodward, the expert agriculturist who made it, has published the results—showing that grain can be grown continuously for fifty years on the same soil with complete success and an average yield of 35 bushels to the acre.

The experiment began when the late William A. Prout, a Cornish farmer, went back after ten years' farming in Ontario. He bought Blount's Farm in 1861, paying \$175 an acre for it. The soil was in such a bad state that even donkeys could find no food on it. Prout broke up forty fields and made of them ten square fields, each of about 45 acres, and thoroughly drained them. It was an ordinary clay soil of similar character to thousands of acres in England, but lime and potash were in abundance.

Prout decided to simplify his farming operations. He discarded the British rotation of crops plan, kept hardly any stock, and grew wheat, barley, and oats year by year, with only a crop of clover once for eight years or a bare fallow once in seven years, and then the soil was tested and every time the report was returned: "No deterioration, no lack of fertility, improvement in physical condition." Artificial manure, applied chiefly phosphate and ammonia. Since 1880 records of the yield have been kept, showing this farm yielding 35 bushels per acre, while the German average is 25, United States 13-1-2, Argentine 15, India 12, Australia 9, and Russia 8.

The experimenter therefore points to England, not up to now a grain country, as a fine field for development, with its markets among 44,000,000 of people and its present average of only a million and a half acres of wheat a year. "Look where you will in the Empire," says he, "you will find few places to beat old England for the right conditions for wheat growing." He concludes by showing that Blount's Farm for 25 years has made a profit of over \$75 an acre, and so farward have the crops been that they have been sold before English farmers generally have begun to reap. Thus, while the nation was harvesting this farmer was able to take a vacation.

In West of England. The western quarter of England has a set of literary associations second to no other district, not even the far famed lakes of Cumberland and Westmorland. The "Quiller-Couch country," which is Cornwall; the "Blackmore country" which is North Devon; the "Kingsley country," which is all Devonshire; the "Hardy country," which is Dorset, will be found underrated rather than over-rated in beauty and interest, which are greatly increased by their associations with "Lorna Doone" or "Tess of the d'Urbervilles."

The two great Devonshire towns, Exmoor and Dartmoor, are particularly beautiful and offer a happy hunting ground to the artist. It seems strange that spaces of such wildness exist within the restrained and highly cultivated boundaries of southern England; the casual visitor would find it difficult to believe that on these splendid rolling slopes, purple with heather in August, peed an stray and die of starvation every winter. No visitor can afford to miss a visit to Devonshire, which in May is one of the most beautiful bits of country in Europe.

The Worst Case. "The worst case of mixed metaphor known," said a teacher of English at the University of Pennsylvania, "was the output of Sir Ellis Ashmead Bartlett. Sir Ellis once wrote to The London Times: "The conquest of the powers in China is a mere delusive arena, agreeable in sound, very tickling to the ignorant ear, calculated to draw the cheers of the groundlings, but which really serves only as a blind to ourselves, as a sounding board to tell our toes of our plans, and as a lever whereby they are enabled to checkmate our policy." "Imagine," ended the instructor, "imagine a screen doing all that!"

OLD NIAGARA.

Father Daillon Visited It as Missionary in 1628.

It is believed that the first white man who visited Fort Niagara was Father Daillon in 1628, who performed Mass there. Then in 1678, a ten-ton craft came with sixteen Frenchmen, among them the not very versatile chief of the Senecas, and the Frenchman, then in January, 1679, came La Salle, whose vessel was lost. There is much dispute as to where the first stockade was erected, here at Lewiston, but in 1688 a fortress was built by Denonville on the site of Fort Niagara, to resist the Senecas, and then occurred the first tragedy, as of the hundred men left to defend it only twelve were found living in the spring by friendly Indians, and then relieved by a French force, having yielded their lives from bad food, scarcity of water, and the attacks of fever, typhoid, and cholera.

Parkman says, first a prison, next a hospital, then a charnelhouse. Here was erected on Good Friday of that year, 1688, a large wooden cross, 18 feet in height, with the inscription: "REG.N. V.J.N.C. I.M.P. C.H.R.S. Christ reigns over the Senecas." Charlevoix writes in 1721 to Madame de Maintenon a description of the scenery. Imagine the Court of France listening to these enthusiastic words: "Magnificent forests, purest air, beautiful and fruitful hills." In 1726 the cross was rebuilt by straggling the Indians, who were opposed to this being engaged in a hunting expedition, only returning to find the walls were high enough for defence. It is described soon after as having ravines, ditches, counterscarp, drawbridge, chapel, and ancient dial, from the west, the river Pridoux was killed and the British under Pridoux and Johnson, and as vigorously defended by Ponchot, who summoned to his assistance French and Indian forces from the west. The fort was vigorously attacked by the British under Pridoux and Johnson, and as vigorously defended by Ponchot, who summoned to his assistance French and Indian forces from the west. The fort was vigorously attacked by the British under Pridoux and Johnson, and as vigorously defended by Ponchot, who summoned to his assistance French and Indian forces from the west.

The fort was vigorously attacked by the British under Pridoux and Johnson, and as vigorously defended by Ponchot, who summoned to his assistance French and Indian forces from the west. The fort was vigorously attacked by the British under Pridoux and Johnson, and as vigorously defended by Ponchot, who summoned to his assistance French and Indian forces from the west. The fort was vigorously attacked by the British under Pridoux and Johnson, and as vigorously defended by Ponchot, who summoned to his assistance French and Indian forces from the west.

Gen. Lee on August 9, 1759, gives a glowing description: "The situation of this place is certainly the most beautiful I have ever seen. I might attempt to describe it, but without them it certainly beggars all description. For an immense space around it is filled with deer, bears, turkeys, raccoons—in short, all game. The lake affords salmon and other excellent fish. But I am afraid you will think I am growing romantic, therefore I shall only say that it is a paradise." Here were brought stores of food, articles for exchange with Indians in the west, sent afterwards by portage around the same way. And the next picture is that of the tragedy of Bloody Run, when soldiers of Fort Niagara, in 1763, hearing the firing when an ambush of Indians had killed and scalped an escort of twenty-five men, two only escaping, went to the rescue and shared the same fate, the Senecas bearing away eight scalps, when the rest of the garrison marched from the fort to the scene of slaughter they found an inextinguishable mass of men, horses, oxen, wagons at the base of the cliff, giving to the rivulet the name of Bloody Run—Janet Carnahan in Toronto Globe.

A Wet Trunk. Blue Bonnets race track at Montreal, when it opened its gates for the first time, about five years ago, ran up against unfortunate weather conditions—there was rain during the whole fourteen days of the meet. During the second week, the German warship Bremen dropped anchor in the harbor, and on board was an admiral and a member of the German nobility. Sir H. Montague Allan, president of the club, invited the German visitors to attend the races, and they accepted. Speaking to Mr. J. E. Ryan, the secretary of the club, Sir Montague stated that their guests would be attended by two hundred bluejackets. "How would you suggest that they should come down?" asked Sir Montague. "Well, if it continues to rain," replied Mr. Ryan, "I believe that the Bremen might sail into the back stretch."

Canada the Target. "Canada is now the bull's-eye of the world," drew an Englishman of prominence when interviewed the other day at Montreal. If the tourist immigration of this summer be taken as an indication, he is not far wrong. Seventy-five members of the British Parliament have "hit" Canada since the Parliamentary session closed at Westminster, and fully a dozen lords and dukes. Some of the best known men in the social and political life of Great Britain are in the country just now.

Trouble With the Ducks. The Duckhobos seem to have been getting into hot water in British Columbia. The Government claims that they are not complying with the ordinary civic regulations which require the registration of births, marriages, and deaths. So impressed is the Government with this hot water, that it has appointed a commissioner with full powers to investigate the habits and customs of the Ducks and determine their value to the province as settlers. Some men mistake a golden opportunity for a gold brick. Two hours' sleep is enough for any one—after it is time to get up. Too often the way of the transgressor is across his neighbor's lawn.

THE SCHOOL PROBLEM

The Autumn brings a new school problem into thousands of Canadian homes—a problem that must be settled in the interest of mental, moral and physical culture. Education at the sacrifice of health is a costly luxury. The best food to study on, to play on, to work on, is

SHREDDED WHEAT

It is the favorite cereal food in Canadian schools as well as Canadian homes because it contains all the muscle-making, brain-building material in the whole wheat grain prepared in its most digestible form. Nothing so deliciously warming and nourishing these chilly mornings as a Shredded Wheat Biscuit with hot milk or cream and a little fruit. Good for grown-ups as well as children. Supplies all the nourishment needed for a half day's work or play. The cleanest, purest, best of all the cereal foods.

MADE IN CANADA
The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ont.
Toronto Office: 49 Wellington Street East

E. BLAKE THOMPSON,
Real Estate, Loans and Fire Insurance
—Agent for—
Union Assurance Socy & Manitoba Assurance Co'y.
NORTH CROWN BANK, MARKET SQUARE, KINGSTON, ONT.
Phone 286.

Facts About McClary's "Sunshine" Furnace

—The Understudy of the Sun—

The Fire-pot of the "Sunshine" is made of Semi-Steel—that of the ordinary furnace is made of Grey Iron. Here's the difference—Destructive sulphur fumes penetrate Grey Iron easily because it is porous. Semi-steel is not porous—it is a close-grained material with a smooth surface secretly processed by McClary's. Gas fumes cannot penetrate Semi-Steel therefore it lasts longer. The "Sunshine" Fire-pot is built in two sections joined together with our famous cup joint. The shape of this joint, combined with a layer of McClary's asbestos cement, makes it absolutely gas, smoke and dust-proof.

Clearly, the "Sunshine" is the premier furnace as far as the Fire-pot is concerned.

The Grates of the "Sunshine" Furnace have three sides each. Plainly, they have three times the endurance of one-sided grates. Every time you rock down the ashes of the "Sunshine" you can expose a fresh side of the grate to the fierce heat of the fire—lengthen the life of the grates.

And the short, strong teeth of "Sunshine" grates simply grind up clinkers. The "Sunshine" Furnace is the best as far as grate construction goes.

Shaking an ordinary furnace is hard, back-breaking labor. You don't need to shake the "Sunshine"—you simply rock it and the ashes drop into the ash-pan. A child can easily rock the grates of a "Sunshine"—merely another reason why you should buy a "Sunshine" Furnace.

Ordinary furnaces are called coal glut-tions. There may be good reasons for that—we don't know. But—we have built the "Sunshine" Furnace so that it is very easy on coal. Hundreds of people now using the "Sunshine," and having used ordinary furnaces, declare that the "Sunshine" makes two tons of coal do the work of three. Evidently, the "Sunshine" Furnace saves coal and money.

The ordinary furnace has a water-pan hidden somewhere about the base. There, it cannot carry out the purpose for which the water-pan was devised. The water-pan of the "Sunshine" Furnace is placed scientifically above the radiator near the dome—the heat laps up the water, before being diffused all over the house. It contains the same amount of moisture as the air of a balmy June day. Plainly, as far as the water-pan is concerned, the "Sunshine" is the furnace you should buy.

There are many more reasons why you should invest your money in "The Understudy of the Sun"—McClary's "Sunshine" Furnace. Call on the McClary agent and ask him to show you all the mechanical reasons and exclusive devices which go to make the "Sunshine" the best and therefore the cheapest furnace you can buy. Write us at our nearest address if you cannot get in touch with him.

LONDON
TORONTO
VANCOUVER
ST. JOHN, N. B.

McClary's

MONTREAL
WINNIPEG
HAMILTON
CALGARY

"Sold By J. B. Bunt & Co."

Kingston Business College (Limited)
Highest Education at Lowest Cost
Twenty-sixth year. Fall term begins August 20th. Courses in Bookkeeping, Shorthand, Telegraphy, Civil Service and English.
Our graduates get the best positions. Within a short time over sixty secured positions with one of the largest railway corporations in Canada. Enter any time. Call or write for information. H. F. Metcalf, Principal, Kingston, Canada.

DAILY ARRIVALS

Best Crawford Peaches at
A. J. REES
166 Princess St. Phone 58

BEDROOM FURNITURE

Iron Bed Special this week \$2.50, \$3.50, \$4.50 and up.
Some special ones at \$5.75 and \$6.50.

Springs, \$2.50, \$3.50, \$6.50.
Mattresses, \$2.50 to \$30.00.

Dressers, Chiffoniers, Dressing Tables, all styles and finishes.
R. J. REID
Phone 577.